



Hot Weather Media Toolkit

Last Updated: July 17, 2020



This document contains key messages related to hot weather and health impacts, organized by a variety of themes. These messages are intended to be used by Vermont Department of Health staff and its partners to provide consistent outreach to the media and public about heat illness risks and appropriate prevention and adaptation strategies.

Key messages (short)

- Vermonters are at greater risk for serious heat-related illnesses, and even death, when the statewide average temperature reaches 87°F or hotter
- During the spring and early summer, hot weather can be especially harmful, since our bodies are still adjusting to the warmer conditions
- People at higher risk during hot weather include older adults and children, people active outdoors, people without air conditioning, and people with chronic medical conditions
- Learn the symptoms of heat illnesses and basic first aid – [see page 7 below for more info](#)
- Most heat illnesses can be prevented and treated through rest, shade, and water
- The number of days reaching a statewide average of at least 87°F is expected to increase in the future due to climate change

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Key messages (long)

- Vermonters are at greater risk for serious heat-related illnesses, and even death, when the statewide average temperature reaches 87°F or hotter. Based on a statewide analysis of historical data, on days reaching 87°F or hotter:
 - heat-related emergency department visits occurred eight times more frequently
 - more ED visits occurred on hot days in spring & early summer than in late summer & fall
 - ED visits were more common for adults 75 and older and teens/young adults 15-34
 - there was one additional death per day among individuals age 65 and older
- Most heat illnesses can be prevented:
 - reduce outdoor activity during the hottest part of the day
 - stay hydrated, and avoid alcohol and caffeine if possible
 - wear light-colored and light-fitting clothes
 - seek relief in air-conditioned spaces or other cool & shady places
 - keep your house cool by using shades, windows, fans, and avoiding use of oven/stove
 - never leave children, adults with disabilities, or pets in a parked vehicle
 - learn the signs and symptoms of heat illnesses and basic first aid responses
 - check in on neighbors and loved ones, especially those living alone
 - stay informed by tuning in to weather, news, and emergency messaging
- Know the symptoms of heat illnesses & basic first aid:
 - muscle cramps, weakness, heavy sweating, nausea, vomiting, and dizziness
 - these symptoms can usually be treated through rest in a cool, shady place and by drinking cool beverages
 - if symptoms do not improve or if confusion or fainting occurs, you should seek immediate medical attention, as heat stroke can result in death
- Some people need to take extra precautions during hot weather:
 - outdoor workers and hobbyists,
 - older adults and young children,
 - people in buildings without air conditioning,
 - people who are obese or have a chronic medical condition, and
 - people using drugs, alcohol, or some prescription medications ([more on p8](#))
- The number of days reaching a statewide average of at least 87°F is expected to increase in the future due to climate change
 - 6 days/year currently (1981-2010 average)
 - 15-20 by mid-century
 - 20-34 by end of century
- Long-term, health impacts of hot weather can be reduced by taking actions to prepare and adapt:
 - modify buildings and cooling systems,
 - modify athletic and other outdoor activity practices,
 - prepare an emergency plan, and
 - identify ways to help high-risk populations

Prevention guidance for individuals

- **Stay cool**
 - Stay inside, in air-conditioning if you can, or in cool places such as basements.
 - Wear lightweight, light-colored, loose-fitting clothing.
 - Avoid hot drinks and meals.
 - Fans can be helpful but shouldn't be relied on as a primary cooling method.
 - If you need to, go to public buildings that are air-conditioned.
- **Stay hydrated.**
 - Drink more water than usual, especially if exercising or active outdoors.
 - Be proactive, don't wait until you are thirsty.
 - Avoid alcohol and caffeine because they make you lose water.
- **Listen to your body.**
 - Take it easy. Reduce outdoor work and exercise and limit it to the cooler parts of the day.
 - Stop what you are doing if you feel faint or weak. If you feel sick, ask for help.
 - Heat can worsen existing chronic health conditions.
- **Keep your house cool.**
 - Draw light-colored shades to keep out the sun—dark-colored shades can be less effective.
 - Close windows during the day when it is hotter outside than inside, then open them at night after it has cooled off outside.
 - Use fans to blow in cooler outside air or vent out warmer inside air.
 - Limit use of the stove, oven, and other heat-generating appliances.
- **Don't be a stranger**
 - Check on your loved ones and neighbors, especially if they are elderly or have chronic health conditions. If in person, only do so if you are not feeling sick, wear a cloth face mask or covering, keep a 6-foot distance from them, and wash hands before and after your visit.
 - Make sure they are drinking enough water and are staying cool.
 - Remind them to take heat seriously!
- **Never leave children, adults with disabilities, or pets in a parked vehicle**
 - The sun can turn a vehicle into an oven in minutes, even if it doesn't feel that hot outside
 - The temperature inside a parked car can increase by 20°F in 10 minutes
 - Heat stroke can occur in only minutes
 - Heat stroke can occur in vehicles even in the shade and below 80°F
- **Know the warning signs**
 - See [Heat Illnesses](#) below
- **Stay informed.**
 - Follow local weather and news reports
 - Monitor social media for the Health Department ([Twitter](#) / [Facebook](#)), Vermont Emergency Management ([Twitter](#) / [Facebook](#)), and National Weather Service ([Twitter](#) / [Facebook](#))
 - Sign up to receive severe weather alerts from [VT-Alert](#)
 - Try out the NWS Enhanced Hazardous Weather Outlook: www.weather.gov/btv/ehwo
- **For more information** about risk factors, symptoms and safety tips:
healthvermont.gov/climate/heat. Safety tips are available in English plus Arabic, Burmese, Chinese, French, Karen, Kirundi, Nepali, Somali, Spanish, Swahili, and Vietnamese.

Prevention guidance for health care and emergency medical providers

- Be prepared to treat a higher number of heat-related conditions than usual.
- Make sure that air conditioning or other cooling systems are in place and functioning.
- If cooling systems are not available, or malfunction, have a plan in place for providing emergency cooling or relocating people to a cooler location.
- Have a plan for checking in on people at higher risk to make sure they stay hydrated and can stay cool in their location.
- Consider how medications could increase risk for dehydration and heat illnesses.
- Consider how hot conditions may affect a patient or client before sending them home.
- If staffing an event outdoors, make sure that event organizers are well prepared with water, cooling strategies, and plans to modify or cancel the event if needed. Staff wearing personal protective equipment in hot weather may be at increased risk for heat illnesses.
- Remember that hot weather can affect anyone. Be sure your organization has a heat management plan for employees and volunteers. Be aware of your own symptoms, and look out for your colleagues.

Prevention guidance for human service providers

- Use front porch forum and social media to raise awareness – see pages 11-17 for examples.
- Be familiar with symptoms of heat illnesses and first aid responses:
<https://www.cdc.gov/disasters/extremeheat/warning.html>
- Have a plan for checking in on people at higher risk to make sure they stay hydrated and can stay cool in their location. If going in person, wear a cloth face mask or covering, keep a 6-foot distance, and wash your hands before and after your visit.
- Make sure that air conditioning or other cooling systems are in place and functioning.
- If cooling systems are not available, or malfunction, have a plan in place for providing emergency cooling or relocating people to a cooler location.
- Provide guidance on hydration, appropriate clothing, diet, and other ways to stay cool.
- Consider how medications could increase risk for dehydration and heat illnesses.
- Consider modifying or cancelling any strenuous activities during hot weather.
- Remember that hot weather can affect anyone. Be sure your organization has a heat management plan for employees and volunteers. Be aware of your own symptoms, and look out for your colleagues.

Prevention guidance for schools and childcares

- Make sure that staff are familiar with symptoms of heat illnesses and first aid responses:
<https://www.cdc.gov/disasters/extremeheat/warning.html>
- Have an emergency plan in place for providing medical attention in the event of a serious heat illness.
- Have a plan for monitoring children at higher risk to make sure they stay cool and hydrated.
- Provide guidance on hydration, appropriate clothing, diet, and other ways to stay cool. Provide or make sure students have easy access to water, ice, and cool spaces.

- Limit outdoor and physical activity. Provide frequent rest and hydration breaks. Follow the Vermont Principals' Association [Hot Weather Policy](#) for athletic activities.
- When it is hot outside, it is best for children to remove their cloth face mask or covering and take frequent breaks.
- Make sure that air conditioning or other cooling systems are in place and functioning.
- Use window shades to keep out sun and absorb heat. If windows cannot be covered, rearrange the room to keep everyone out of direct sun.
- Turn off lights, electronic equipment, and other heat-generating equipment if practical.
- In rooms without air-conditioning, use fans to blow in cool air and vent out warm air when the temperature outside is cooler or similar to inside. Fans are ineffective when temperatures reach the mid-to-upper 90's. If possible, keep windows open overnight to help cool the building.
- If a room becomes too hot and uncomfortable, move to a shaded outdoor location or to a cooler indoor location, if possible. Basements and lower floors will stay cooler than upper floors. If cooled space is limited, rotate students through cooler spaces throughout the day, while continuing to follow all COVID-related safety procedures.
- Consider closing the facility or ending early if indoor temperatures get uncomfortably hot.

Prevention guidance for employers

- Outdoor workers who are doing strenuous work that causes heavy breathing are not required to wear a cloth face mask or covering when it is hot outside. Workers should keep masks with them and wear them when they are not exerting themselves (for example talking, resting, or interacting with other co-workers or people). It is important that workers keep a 6-foot distance from others whenever possible, especially when they are not wearing a mask.
- Provide all workers with water, rest breaks, and shade.
- Establish a policy for modifying or cancelling strenuous activities on hot days.
- Make sure that you and your workers can recognize symptoms of heat illnesses and are looking out for each other: <https://www.cdc.gov/disasters/extremeheat/warning.html>
- Have an emergency plan in place for providing medical attention in the event of a serious heat illness.
- For more resources on protecting your workers from heat illnesses, please visit www.osha.gov/heat/index.html.

Prevention guidance for communities

- Use front porch forum and social media to raise awareness – see pages [11-17](#) for examples.
- Be familiar with [symptoms of heat illnesses and first aid responses](#).
- Consider opening a cooling center, which could be any air-conditioned, publicly accessible location (for example, a library or community center). Review [guidance on operating cooling centers during the COVID-19 pandemic](#), including screening of guests and staff, physical distancing strategies, provision of facemasks and hygiene supplies, and facility cleaning.

- Offer safe & fun ways to stay cool, such as free or extended access to beaches and pools, providing hoses or misters, and offering free cold beverages. Encourage community members to wear a cloth face mask or covering and keep at least a 6-foot distance from other groups.
- If someone is wearing a cloth face mask or covering and is having trouble breathing because it is hot outside, they should take it off, drink water, rest and seek shade or a cool place. It is important that they keep a 6-foot distance from others whenever possible, especially when they are not wearing a mask. People who have trouble breathing can wear a light-weight bandanna or cloth covering tied to be open at the bottom as an option.
- Mobilize local care networks to check in on people at high risk for heat illnesses. If going in person, wear a cloth face mask or covering, keep a 6-foot distance, and wash your hands before and after your visit.
- For outdoor work, recreational activities, or other local events, ensure that organizers are prepared with water, cooling strategies, and event modification or cancellation plans.
- Hot weather can affect anyone – be aware of your own symptoms and look out for others.

Prevention guidance for event managers

- Provide plenty of water, shade, and indoor cooling options.
- Establish a policy for modifying or cancelling strenuous activities on hot days.
- Make sure that you and event staff and volunteers can recognize symptoms of heat illnesses: <https://www.cdc.gov/disasters/extremeheat/warning.html>.
- Have a plan in place for providing medical attention in the event of a serious heat illness.

Long-term adaptation for individuals

- Modify buildings and ventilation systems to increase cool air flow while venting out hot air
- Seal air leaks and properly insulate to help keep buildings cool in summer and retain heat in winter
- Plant trees, shrubs, and vines around buildings to maximize summer shade and cooling breezes
- Replace incandescent light bulbs with LED bulbs that stay much cooler and save energy
- Put in air conditioners, heat pumps, or similar cooling devices

Long-term adaptation for communities

- Prepare a hot weather emergency plan that:
 - Identifies roles and responsibilities
 - identifies locations that could be used as cooling centers
 - identifies volunteers and emergency personnel that could check in on high-risk populations
 - establishes practices and policies for limiting or canceling athletic activities, outdoor work, public events, or other outdoor activities during hot weather
- Pre-identify individuals that may be particularly vulnerable to hot weather and establish plans for protecting their health
- Modify buildings and cooling systems to increase ventilation and reduce building temperatures
- Plant trees and shrubs, and reduce paved surfaces to keep urbanized areas cooler

Heat illnesses - signs, symptoms, and first aid

HEAT-RELATED ILLNESSES

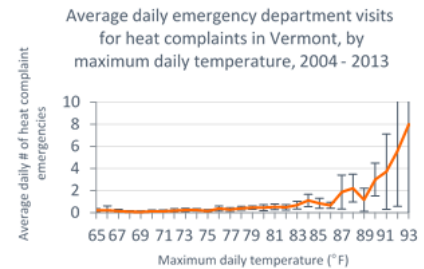
WHAT TO LOOK FOR	WHAT TO DO
HEAT STROKE	
<ul style="list-style-type: none"> • High body temperature (103°F or higher) • Hot, red, dry, or damp skin • Fast, strong pulse • Headache • Dizziness • Nausea • Confusion • Losing consciousness (passing out) 	<ul style="list-style-type: none"> • Call 911 right away-heat stroke is a medical emergency • Move the person to a cooler place • Help lower the person's temperature with cool cloths or a cool bath • Do not give the person anything to drink
HEAT EXHAUSTION	
<ul style="list-style-type: none"> • Heavy sweating • Cold, pale, and clammy skin • Fast, weak pulse • Nausea or vomiting • Muscle cramps • Tiredness or weakness • Dizziness • Headache • Fainting (passing out) 	<ul style="list-style-type: none"> • Move to a cool place • Loosen your clothes • Put cool, wet cloths on your body or take a cool bath • Sip water <p>Get medical help right away if:</p> <ul style="list-style-type: none"> • You are throwing up • Your symptoms get worse • Your symptoms last longer than 1 hour
HEAT CRAMPS	
<ul style="list-style-type: none"> • Heavy sweating during intense exercise • Muscle pain or spasms 	<ul style="list-style-type: none"> • Stop physical activity and move to a cool place • Drink water or a sports drink • Wait for cramps to go away before you do any more physical activity <p>Get medical help right away if:</p> <ul style="list-style-type: none"> • Cramps last longer than 1 hour • You're on a low-sodium diet • You have heart problems
SUNBURN	
<ul style="list-style-type: none"> • Painful, red, and warm skin • Blisters on the skin 	<ul style="list-style-type: none"> • Stay out of the sun until your sunburn heals • Put cool cloths on sunburned areas or take a cool bath • Put moisturizing lotion on sunburned areas • Do not break blisters
HEAT RASH	
<ul style="list-style-type: none"> • Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases) 	<ul style="list-style-type: none"> • Stay in a cool, dry place • Keep the rash dry • Use powder (like baby powder) to soothe the rash



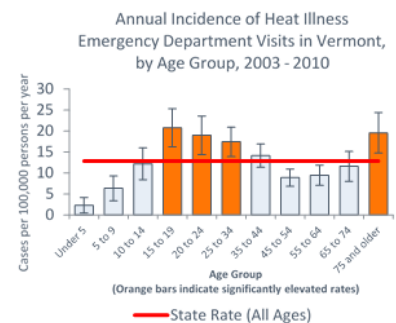
Source: Centers for Disease Control, <https://www.cdc.gov/disasters/extremeheat/warning.html>

Notes from heat analyses

- In the U.S., more people die from hot weather on average (138 from 1990-2019), than for any other weather-related cause (next is 88 for floods) (source: NWS, <http://www.nws.noaa.gov/om/hazstats.shtml>)
- There are about 80 emergency department visits for heat complaints in Vermont each year, but have slowly been increasing over time
- On days when the statewide average temperature reached at least 87°F:
 - heat-related emergency department visits occurred eight times more frequently (3.3 ED visits/day v. 0.4)
 - there was one additional death per day among individuals age 65 and older (11.5 deaths v. 10.6)
 - Over 60 percent of the excess deaths on hot days were attributed to heart conditions, stroke, and other neurologic conditions (all of which are conditions known to be exacerbated by hot weather).
- Hospital data indicate two age groups are at particularly high risk for heat illnesses in Vermont:
 - Adults age 75 and older.
 - Adolescents and young adults age 15-34.



Data sources: temperature data - PRISM Climate Group, in partnership with the Vermont State Climate Office; emergency department data - Early Aberration Reporting System (EARS).



Source: Vermont hospital discharge data; population denominator is average of age-specific intercensal population estimates for 2003-2009 and the 2010 Census.

Are Vermonters / Northerners at particularly high risk?

- People living in the Northeast generally experience heat illnesses at lower temperatures than people living in the South.
- Some of the reasons for this northern vulnerability include:
 - It is hard to acclimate to very hot weather when we experience it so infrequently
 - It can be challenging to recognize the risks and modify behaviors when we experience hot weather so infrequently
 - Many buildings in Vermont are not air conditioned, making it harder to find relief

Who is at highest risk?

- People with more exposure to hot conditions
 - Outdoor workers and hobbyists
 - Homeless persons
 - Urban residents
 - People in buildings without air conditioning
- People more sensitive to heat exposure
 - Anyone not acclimated to warmer weather
 - Older adults and young children
 - Overweight or with chronic medical conditions
 - Using recreational drugs, alcohol, or some prescription meds

- including those that narrow your blood vessels (vasoconstrictors), regulate your blood pressure by blocking adrenaline (beta blockers), rid your body of sodium and water (diuretics), reduce psychiatric symptoms (antidepressants or antipsychotics), or stimulants for attention-deficit/hyperactivity disorder (ADHD)
- People with limited adaptation resources
 - Living alone
 - No personal transportation options
 - No air conditioning or can't afford to run it

Why are children at greater risk?

- Kids tend to be outside and very active during the summer
- Small body size means that children's bodies heat up faster than adults
- Kids have less sweating capacity than adults, reducing their ability to cool by evaporation
- Young children (0-4 years old) are particularly vulnerable due to their dependency on others for care

Where do hot weather emergencies take place?

- Per capita, the rate of heat-related EMS calls is 50% higher in urban areas compared to surrounding suburban areas
- Heat-related EMS calls are most often dispatched to residences. These calls disproportionately involve older adults.
- Other common locations for heat-related EMS calls include: places of recreation, outside on or next to a street, and places of business

Urban heat islands

- Per capita, the rate of heat-related EMS calls is 50% higher in urban areas compared to surrounding suburban areas
- Urban areas in Vermont have surface temperatures on average 4°F warmer than surrounding areas
- Lack of tree cover, more paved surfaces and rooftops, and higher housing density all contribute

Heat vulnerability index

- The Vermont Heat Vulnerability Index draws together 17 different measures of vulnerability in six themes: population, socioeconomic, health, environmental, climate, and heat illness.
- This is a first step to identify populations that may be more vulnerable to extreme heat, however local knowledge should always be considered when it is available.
- <http://healthvermont.gov/climate/>, Vermont Heat Vulnerability Index

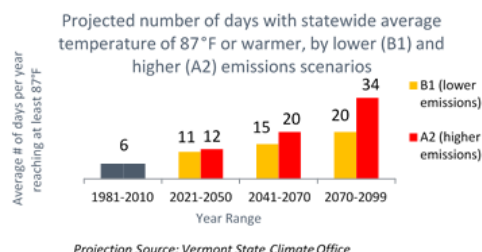
Heat acclimatization

- Hot weather early in the year can be particularly dangerous
- It typically takes 7-14 days of activity in hot weather for a person to adapt to warmer conditions
- As the weather warms, it is important to ease in and gradually increase outdoor activity
- When hot days are infrequent, very little acclimatization will occur; acclimatization diminishes after a few weeks without hot weather exposure

- In 2016, temperatures exceeded 87°F for three days in late May, including 88°F on the day of the Vermont City Marathon (May 29). There were 19 emergency-department visits for heat complaints during the last two days.

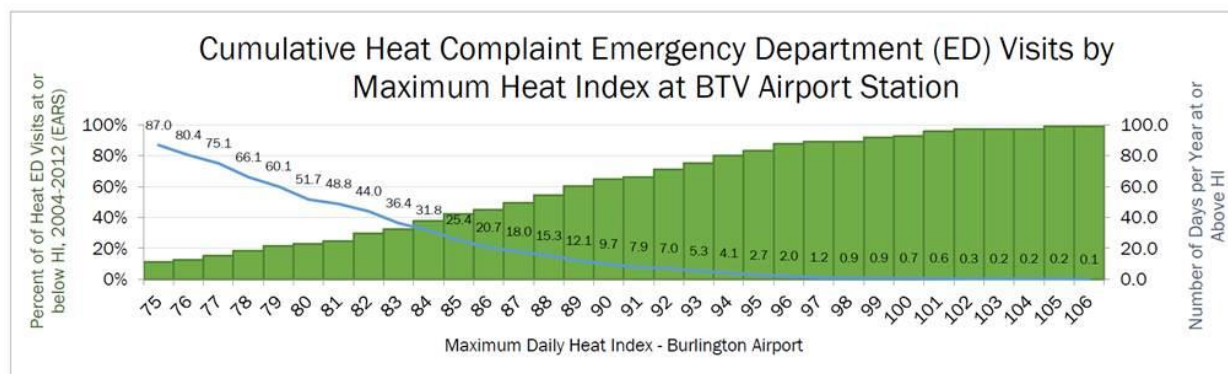
Climate change

- As the climate warms and there are more hot days, more heat-related illnesses and deaths will occur, although some of these impacts can be avoided by taking actions to prepare and adapt.
- The number of days reaching a statewide average of at least 87°F is expected to increase in the future due to climate change:
 - 6 days/year currently (1981-2010 average)
 - 15-20 by mid-century
 - 20-34 by end of century



National Weather Service policy change

- Starting in 2018, the National Weather Service (NWS) will issue heat advisories in the New England region (including Vermont) when the Heat Index is forecast to be 95-104°F for 2 or more consecutive hours.
 - Previously, advisories were issued when the Heat Index was forecast to be between 100-104°F for 2 consecutive hours.
 - This change was influenced by research from the Northeast Regional Heat Collaborative, composed of Climate & Health program staff in Maine, New Hampshire, Rhode Island, and Vermont, and researchers at Brown University.
- The NWS Experimental Enhanced Hazardous Weather Outlook (www.weather.gov/btv/ehwo) provides a 5-tiered risk rating: none (<80°F heat index), limited (80-89°F), elevated (90-94°F), significant (95-104°F), and extreme (≥105°F)
 - Historical ED visits by risk rating, based on heat index at BTV station: none (23% of ED visits), limited (41%, occurs about 42 times/year), elevated (19%, 7 times/year), significant (16%, 2-3 times/year), extreme (1%, once every 5 years)



[Front Porch Forum post](#)

Revise the **yellow highlighted section** as needed to reflect the current weather forecast.

Stay safe when it's hot outside

The National Weather Service is forecasting high temperatures to reach the mid-90s on Sunday (July 19) for much of Vermont. High humidity could make it feel over 100°F. Nighttime lows may stay above 70°F in many locations, making it hard for people without air conditioning to keep cool.

Hot conditions make it easier for you become dehydrated or suffer from heat exhaustion or heat stroke. Many heat illnesses can be treated by resting in a cool location and drinking water. Severe heat illnesses can be life-threatening. Dial 9-1-1 or seek immediate medical help if you are concerned about your health or someone else's health when it's hot.

Heat-related illnesses can affect certain groups of people more. These groups should take extra precautions: older adults and young children, people experiencing homelessness, those who work or exercise outdoors, people with chronic medical conditions, people taking certain prescription medications, and people using recreational drugs or alcohol. Risk is further elevated for those who live alone or do not have air conditioning.

Here's how to stay safe when it's hot outside:

- NEVER leave children, people with disabilities, older adults, or pets in parked vehicles.
- Wear lightweight, light-colored clothing to reflect heat and sunlight.
- Drink plenty of water, or non-alcoholic and non-caffeinated fluids.
- Seek relief in air-conditioned spaces or other cool and shady places.
- Limit outdoor activities during the hottest part of the day.
- Close window shades during the day, keep windows closed when it is hotter outside than inside, and avoid using appliances and lights that generate heat, if possible.
- Check on loved ones and neighbors, especially those living alone and without air conditioning.

Visit <https://www.healthvermont.gov/climate/heat> for more safety tips in 12 languages.

Social media posts

Please use **#VTHeatSafety** when messaging about hot weather. Revise the **yellow highlighted sections** as needed to reflect the current weather forecast. More hot weather social media posts & graphics:

- <https://www.weather.gov/wrn/summer2020-heat-sm>
- https://www.cdc.gov/disasters/extremeheat/social_media.html

Hot weather forecast

Facebook

The National Weather Service is forecasting high temperatures to be in the 90s for much of Vermont on Sunday, with a forecasted heat index around 100°F. Keep your cool in hot weather! Drink more fluids than usual, take extra breaks from strenuous activities, seek shade and cool indoor locations, and check-in on loved ones and neighbors. healthvermont.gov/climate/heat #VTHeatSafety

Twitter

Temperatures are forecast to be in the 90s on Sunday. Drink fluids, take breaks, seek shade and cool indoor locations, and check-in on loved ones and neighbors. healthvermont.gov/climate/heat #VTHeatSafety



https://www.weather.gov/images/wrn/social_media/2017/practice_heat_safety.jpg

Hot weather safety

Facebook

Vermonters are at greater risk for serious heat-related illnesses, and even death, when the statewide average temperature reaches 87°F or hotter. Keep your cool in hot weather! Drink more fluids than usual, take extra breaks from strenuous activities, seek shade and cool indoor locations, and check-in on loved ones and neighbors. healthvermont.gov/climate/heat #VTHeatSafety

Heat can be dangerous. Heat can cause serious illness, even death. Stay cool, stay hydrated, and stay informed. Learn more about how to stay safe during the heat wave.

www.healthvermont.gov/climate/heat #VTHeatSafety

Heat can affect anyone, but some people are more vulnerable than others. Know the signs and symptoms of heat illnesses, and get immediate medical help if you are concerned about someone's condition. www.cdc.gov/disasters/extremeheat/warning.html #VTHeatSafety

Twitter

Keep your cool in hot weather! Drink more fluids than usual, take extra breaks from strenuous activities, seek shade and cool indoor locations, and check-in on loved ones and neighbors.

healthvermont.gov/climate/heat #VTHeatSafety

Heat can be dangerous. Heat can cause serious illness, even death. Stay cool, stay hydrated, and stay informed. Learn more about how to stay safe. www.healthvermont.gov/climate/heat #VTHeatSafety

Heat can affect anyone. Know the signs and symptoms of heat illnesses, and get immediate medical help if you are concerned about someone's condition. www.cdc.gov/disasters/extremeheat/warning.html #VTHeatSafety



https://www.weather.gov/images/wrn/social_media/2017/practice_heat_safety.jpg

Don't be a stranger

Facebook

Older adults and people with chronic medical conditions or disabilities are generally at higher risk during hot weather, especially if they live alone or don't have air-conditioning. Check in on your loved ones and neighbors to make sure they are drinking enough water and are staying cool. Remind them to take heat seriously! healthvermont.gov/climate/heat #VTHeatSafety

Twitter

Check in on your loved ones and neighbors to make sure they are drinking enough water and are staying cool. healthvermont.gov/climate/heat #VTHeatSafety



<https://www.cdc.gov/disasters/extremeheat/images/infographics/eh-03-508.jpg>

Teens & Young Adults

Facebook

Did you know that teens and young adults are more likely than the average Vermonter to go to the emergency department for a heat illness? Protect yourself from the heat while working or playing outside. Drink plenty of water, or non-alcoholic and decaffeinated fluids. Limit outdoor activities during the hottest part of the day. Wear lightweight, light-colored clothing to reflect heat and sunlight. Seek relief in air-conditioned spaces or other cool and shady places. healthvermont.gov/climate/heat #VTHeatSafety

Twitter

Protect yourself from the heat while working or playing outside. Drink more fluids than usual, take extra breaks in the shade, and wear lightweight, light-colored clothing. healthvermont.gov/climate/heat #VTHeatSafety



<https://www.cdc.gov/disasters/extremeheat/images/infographics/eh-05-508.jpg>

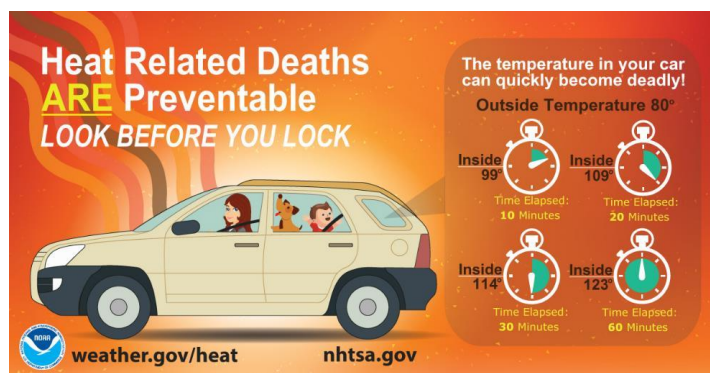
Auto Safety

Facebook

NEVER leave children, people with disabilities, older adults, or pets in parked vehicles. Temperatures inside a parked vehicle can rapidly rise to a dangerous level. Leaving windows slightly open does not significantly decrease the heating rate. Effects can be more severe on children because their bodies are not able to efficiently regulate temperature. Look Before You Lock! www.wheresbaby.org #VTHeatSafety

Twitter

NEVER leave children, people with disabilities, older adults, or pets in parked vehicles. Look Before You Lock! www.wheresbaby.org #VTHeatSafety



https://www.weather.gov/images/wrn/social_media/2017/auto_safety_infographic.jpg

Safety Tips for Communities

Facebook

Is your community ready for hot weather? Try these suggestions: Identify an air-conditioned place that people can go to find relief. Offer fun ways to stay cool, such as free or extended access to beaches and pools, host events at air-conditioned places, or provide hoses, misters or cold beverages. Offer help to family, friends, and neighbors that need extra help staying hydrated and cool. healthvermont.gov/climate/heat #VTHeatSafety

Twitter

Is your community ready for hot weather? Make sure people know where they can go to find relief, and offer help to those who need help staying hydrated and cool. healthvermont.gov/climate/heat #VTHeatSafety

Air Quality

Facebook

Hot weather can make air quality worse, possibly causing heart and respiratory problems for some people. Older adults, children, and people with a heart condition, asthma, or other respiratory condition tend to be at higher risk when air quality is poor. Please check for air quality alerts and forecasts as they are updated by the Vermont Air Quality Division. www.airnow.gov/ #VTHeatSafety

Twitter

Hot weather can make air quality worse, possibly causing heart and respiratory problems for some people. Check air quality forecasts at www.airnow.gov/. #VTHeatSafety

Outdoor workers

Facebook

Outdoor workers can be at higher risk for heat illnesses. During hot weather, outdoor workers need more water, rest breaks, and shade than usual. Make sure your workplace has a policy to modify or cancel activities on hot days, and a plan for providing medical attention for a heat-related illness. Learn to recognize symptoms of heat illnesses and look out for each other! www.osha.gov/heat #VTHeatSafety

It's going to be hot today! Be sure to get plenty of water, rest and shade if you're working outside. Check out these tips for outdoor workers. www.osha.gov/heat/ #VTHeatSafety

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Is your workplace prepared for hot weather? Water, rest, and shade are critical. Have a plan for reducing or canceling work on hot days, and for providing medical attention. www.osha.gov/heat/ #VTHeatSafety

It's going to be hot today! Be sure to get plenty of water, rest and shade if you're working outside. Check out these tips for outdoor workers. www.osha.gov/heat/ #VTHeatSafety



<https://www.osha.gov/images/quicktakes/QT5-16heatstress.jpg>

Keep Your Home Cool

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If you don't have air conditioning, try these tips to keep your house from heating up too much: Close window shades during the day, keep windows closed when it is hotter outside than inside, and avoid using appliances and lights that generate heat, if possible. At night, open windows and use fans to blow in cooler outside air or vent out warmer inside air. healthvermont.gov/climate/heat #VTHeatSafety

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Keep your house cooler by using window shades during the day, keep windows closed when it is hotter outside than inside, and avoid using appliances and lights that generate heat, if possible. healthvermont.gov/climate/heat #VTHeatSafety

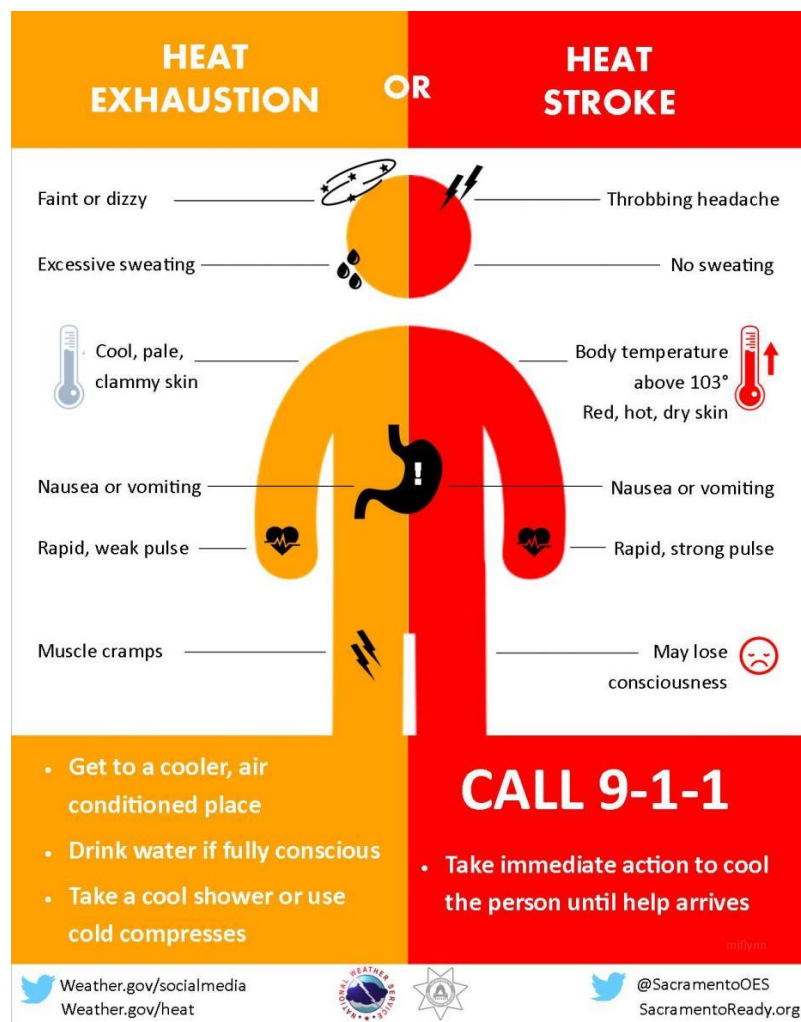
Heat Symptoms

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During hot and humid weather, your body's ability to cool itself is challenged. When your body heats too rapidly to cool itself properly, or when too much fluid or salt is lost through dehydration or sweating, you may experience a heat-related illness. Learn the symptoms of heat illnesses, what first aid actions to take, and when to seek medical attention. healthvermont.gov/climate/heat #VTHeatSafety

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Learn the symptoms of heat illnesses and what first aid actions to take. healthvermont.gov/climate/heat #VTHeatSafety



https://www.weather.gov/images/wrn/social_media/2017/heat_symptoms.jpg